



Bridgewater Recreation Wrestling Program (November 2014 – March 2015)

This program emphasizes learning the sport of amateur wrestling, instilling solid values, and having fun! We make the program fun for everybody – wrestlers (and their parents) should enjoy their participation in the program. In the practice room, we focus on fundamentals, because there is no substitute for solid knowledge of the basics of wrestling. Our program's philosophy values competitiveness, as well as **respect for self and others, discipline, and self-confidence**. The program provides a rich experience, in which **wrestlers form close friendships** with their teammates. We have teams available for all skill levels.

For: Bridgewater-Raritan residents in grades K-8 (2014–2015 school year) **Where:** Bridgewater-Raritan Middle School (Merriwood Drive)

	K-2 Team	Raritan Valley (RV) & Central Jersey (CJ) Teams	Grade School (GS) Team
Eligibility*	1 st & 2 nd year wrestlers in grades K-2 (no RV/CJ league experience)	3 rd –6 th graders & 2 nd graders with prior RV/CJ experience	7 th & 8 th graders
Practices*	Monday/Wednesday 6:15pm-7:15pm	Tuesday/Thursday 6:30pm-8:30pm	Monday/Wednesday 7pm-9pm Friday 6:30pm-8:30pm Saturday TBD
Cost	\$80.00 Bridgewater Resident; \$90.00 Raritan Resident; check payable to "Bridgewater Township"		

**All returning wrestlers should register for the team that they wrestled with last year, unless they are moving up in grade, in which case they should register for the appropriate grade level team until proper evaluations are made for placement this season. All new wrestlers should register for the team based on grade level until proper evaluations are made for placement this season. Practice times for all programs may be modified due to number of participants and scheduling of facilities.*

UNIFORMS: K-2 may borrow a singlet with a \$25.00 deposit due at practice. All other grades must purchase a singlet and warm-ups, if you do not own them. Singlets will cost approximately \$70 and warm-ups (shirt, shorts, hoodie) approximately \$50; ordering information to follow.

Registration Deadline: Friday, October 10, 2014 by 5:00pm at Bridgewater Recreation

For more information on Bridgewater Recreation Wrestling, please visit us at www.pantherwrestling.org.

Three ways to register! In person at the Bridgewater Recreation Department (Municipal Building – 100 Commons Way - Bridgewater) 9am to 5pm Monday to Thursday 8am to 5pm Friday, drop registration off in the "REC" mailbox located on Municipal grounds before or after office hours, or via postal service.

2014-2015 Wrestling

\$80.00 Bridgewater Resident/\$90.00 Raritan Resident – check payable to "Bridgewater Township"
(Please write clearly as this is how your child's name will appear on all correspondence, trophies...)

Participant's Last Name	Participant's First Name	Team Registering For (K-2, RV/CJ, GS)	
Mailing Address	Town	State	Zip
Home Phone #	Parent(s)/Guardian(s) Cell #	Parent(s) /Guardian(s) Work #	
Parent(s)/Guardian(s) Email Address(es)		Parent(s)/Guardian(s) First & Last Name(s)	
Participant's Date of Birth	Current Grade ('14-'15 School Year)	Years of Wrestling Experience	
Participant's Height	Participant's Weight	2013-14 Team (K-2, RV, CJ, GS)	

If participant has individualized needs due to a disability, please check the following and someone will contact you regarding reasonable accommodations.
☐ Yes, I will need to be notified regarding special considerations for my child.

Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information. A ten dollar administrative fee will be collected from any refund(s) requested by participants for Bridgewater Township Recreation programs in which fees are payable to Bridgewater Township. If the Department is refunding participants due to a program cancellation then an administrative fee will not be collected. In the case of multiple children from the same household requesting a refund on the same date, there will only be one ten dollar administrative fee charged.

I understand and agree to volunteer the minimum of 4 hours for the Recreation Wrestling Program. By signing below I accept the responsibility of volunteering my time for the betterment and overall success of the program. More information will be forthcoming.

X _____ / _____ / _____
Parent/Guardian Signature **Date**

If interested in volunteering to coach, all coaches and assistants must be Rutgers SAFETY Certified and are required to participate in a mandatory background check according to Township Ordinance (16 years of age & older) and attend all mandatory coaches meetings. By indicating interest in the following box, I will be notified regarding program information if coaching is needed. ☐ Yes, I am interested in coaching.



Did you know wrestling facts:

- 1) Wrestling is the perfect off-season complement for all sports. It helps improve agility, leverage, strength, conditioning and quickness for all ages.
- 2) Many former and current NFL players attributed wrestling to their success on the football field.
- 3) The National Federation of State High School Associations tracks more than 80 sports and wrestling is ranked as the 6th most popular sport with over 270,000 high school participants nationwide each year.